

Amendments to the Specification

At Page 17, replace the first paragraph (lines 1-12) with the following paragraph:

Figure 4. **a)** Plasma glucose (mmol/L) concentrations of the four dietary groups in response to a 2-hour intravenous glucose challenge (10%). Values for each diet group (n=12) are expressed as means \pm s.e. The saturated fat/amylpectin diet (Sat/AP) is significantly different from the n-3/amylpectin (N-3/AP) diet (p=0.05), while the n-3/amyllose (N-3/AL) diet is significantly different from the n-3/amylpectin diet (N-3/AP) (p=0.001). **b)** Plasma insulin (ng/ml) concentrations of the four dietary groups in response to a 2-hour intravenous glucose challenge (10%). Values for each diet group (n=12) are expressed as means \pm s.e. The saturated fat/amyllose (Sat/AL) diet is significantly different from the n-3/amyllose (N-3/AL) diet (p=0.001), while the n-3/amylpectin (N-3/AP) diet is significantly different from the n-3/amyllose diet (N-3/AL) (p=0.05).

At Page 19, replace the first full paragraph (line 14) with the following paragraph:

The results are shown ~~in as~~ Figures 1 to 3 and Table 2.

At Page 20, replace the first full paragraph (line 4) with the following paragraph:

The results are shown ~~in as~~ Figures 4 to 6 and Table 2.

At Page 32, amend the specification by adding the following Abstract of the disclosure to the specification as page 33 after the claims and prior to any drawing sheets:

--ABSTRACT

A method is provided for regulating carbohydrate and fat metabolism in an individual which method comprises replacing a proportion of the individual's daily carbohydrate intake with resistant starch and a proportion of the individual's saturated fat intake with unsaturated fat. Also provided are compositions comprising resistant starch and unsaturated fats and methods for making and using the same.--

The new Abstract is attached on a separate sheet and included in the Substitute Specification that is concurrently filed in response to the Notice to File Corrected Application Papers.